NorthStar: An Evidence-Tested Model of Community-based Recovery

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What is NorthStar?

- A community of persons with mental illness
- NorthStar follows the International Center for Clubhouse Development (ICCD) model of psychosocial standards based on Fountain House – “the gold standard for psycho-social rehabilitation.”

Core Principles
- A place to belong
- A place to return after any absence
- A place to find meaningful relationships
- A place to find meaningful employment
NorthStar provides a safe and welcoming environment where members can participate in a peer-supported community, promoting independence, confidence, wellbeing, and recovery.
ICCD Standards – how NorthStar works

- Staff and members work side by side - absence of hierarchy in management
- Work-ordered day – work units/shared chores
- Community business partners – employment opportunities
- Space – a safe and welcoming but productive environment
- Collaboration with other community mental health services – shared activities, cross-referrals
- Funding and governance
NorthStar programs

- Clubhouse Work: Members learn skills by providing voluntary employment at NorthStar through a work-ordered day
- Employment: Transitional, Supported, Independent
- Education: Tutoring, GED, Higher education
- Personal Goal Development: Short-term and lifelong goals
- Advocacy: Benefits including housing, social justice - combating stigma, court system, health care etc.
- Outreach: Phone calls, emails, home visits etc.
Evidence for NorthStar

- Higher rates of employment, longer job tenure and greater earnings
- Reduced rates of hospitalization
- Reduced likelihood of incarceration
- Improved wellness
- Comparative costs of services per person
  - Hospital 12 day LOS about $12,000
  - Jail stay per year in Multnomah County = $41,975
  - Average cost per year of an ICCD program less than $6,000
Yes... There is a NorthStar!

- 522 NE 52\textsuperscript{nd} Avenue, Portland, OR
- Open two half days a week from 11:00 am to 3:00 pm beginning September 13, 2010.
- Peer-created website - www.northstarportland.org
- Many items donated by members and volunteers
- Space provided through the generosity of Providence Health Services
- Computers & printers through the generosity of Free Geek
- Furnishings through the generosity of Legacy Health Services
Our goals for NorthStar

- To be open five days a week from 9:00 AM. to 5:00 PM.
- To increase our membership and enlarge our space
- To be sustainable with multiple funding sources
- To have more than one location – not just in Portland but up and down Interstate 5 and east of the Cascades
- To educate the community, those who make policy, those who report the news and those who decide on public expenditures for mental health about the NorthStar/ICCD model
Endnotes


6. This figure understates the additional resources needed for prisoners with mental illnesses or drug addiction. Larry Aab, Multnomah County Locks up Cost Analysis,